

# THE FUTURE OF DIABETES IS NOW

TCOYD VIRTUAL! DIABETES CONFERENCE + HEALTH FAIR

## EVENT DAY SCHEDULE

*(Please note this schedule is based on Pacific Time. All lectures will take place in the auditorium)*

### TYPE 1 TRACK

- 8:00AM - 9:10AM Familiarize yourselves with the vFairs platform, visit exhibit hall & network in our lounge
- 9:10AM - 9:40AM **The Evolution of Type 1 Diabetes, Past, Present and Future!**  
\*Steven Edelman, MD, and \*Jeremy Pettus, MD  
*Take a look at treatments and prognoses of the past, present, and into the future. Reenactments by Drs. E & P.*
- 9:45AM - 10:15AM **The Newest Type 1 Technology - Launched or Launching Soon!**  
\*Jeremy Pettus, MD, and Schafer Boeder, MD  
*The times they are a changing, and thankfully so are the life expectancies of those living with type 1. Hear about all the innovations in type 1 technology, including: Omnipod 5, Dexcom G7, FreeStyle Libre 3, Tandem Mobile Blousing and Mobi Mini Pump, Eversense E3 6-month Implantable CGM, Medtronic 780g, Lilly's Smart Tempo Connected Pen.*
- 10:20AM - 10:45AM **Carb Counting in the Real World – Adriana Valencia, RD, CDCES**  
*Stop with the guessing game and be in the know! Our dietitian will lead you through the basics to complex carb counting.*
- 10:45AM - 11:30AM **BREAK** – Venture into the exhibit hall or network lounge, or watch some on-demand videos in the auditorium. Have fun but do come back to the auditorium for our next “LIVE” session.
- 11:30AM - 12:00PM **Hybrid Closed Loop Systems – Revolutionizing T1D**  
\*Steven V. Edelman, MD, and \*Irl Hirsch, MD  
*Create some technological magic by marrying your pump with your CGM. Learn how to use a computer program called an “algorithm” to take data from both your pump and CGM to adjust your pump’s insulin delivery automatically.*
- 12:05PM - 12:50PM **LIVE Q&A with TCOYD’s Top Endos...Ask Away!**  
\*Steven V. Edelman, MD, \*Jeremy Pettus, MD, Tricia Santos, MD; and Schafer Boeder, MD  
*Got questions? We’ve got answers! These doctors know diabetes inside and out. Two of them are even living with diabetes. They are ready to answer any of your diabetes-related questions.*
- 12:55PM - 1:00PM **The Future of Diabetes Is Now! (New TCOYD Song)**  
\*Jeremy Pettus, MD, and Erik Berg  
*Sit back and enjoy some tunes with Erik and Dr. P. as we wrap up our LIVE sessions.*
- 1:00PM - 1:30PM Last chance to get your LIVE questions answered in the exhibit hall & network lounge. All sessions are available until July 3, 2022. Make sure to tell your friends with diabetes to tune in at [tcoydjun2022.vFairs.com](https://tcoydjun2022.vFairs.com).

# ON-DEMAND SESSIONS

## – TYPE 1 –

### **Off to Work We Go! Dr. P Heads to the Research Lab to Work on New Discoveries in Type 1**

\*Jeremy Pettus, MD; \*Leslie Eiland, MD; and \*Aaron Kowalski, PhD

*Dr. P is off to the research lab to work on and discuss the latest discoveries in type 1. He'll be joined by a couple of our nation's top scientists to talk about all the very recent advances in T1D research from therapies to prevent the disease entirely to exciting transplant approaches, and non-insulin therapies.*

### **New to Type 1 Diabetes or Haven't Gotten It Figured Out Just Yet? – \*Jeremy Pettus, MD**

*Think of this as a beginner's guide to diabetes management. We'll be covering all the basics from insulin dosing, carb counting, technology you need to get, exercise, as well as some of the science around what type 1 diabetes is, why you got it, and what is going on in the cure. By the end of this session, we promise you will feel uplifted and inspired as Dr. Pettus welcomes you to this very special club.*

### **Are You Acing Your Diabetes? If so, this Advanced Session Is for You! – \*Steven V. Edelman, MD**

*Have you been living with diabetes for a while now? Sometimes do you feel you know more about your diabetes than your doctors? If so, this session is for you. We'll be going over hybrid closed loop systems and devices, plus advanced tips and tricks for staying in range.*

### **How to Take a Vacation from Your Diabetes!?! – William Polonsky, PhD, CDCES**

*Stressed out about your diabetes? Trust us, YOU are not alone. Do you ever feel like you want to take off and leave your diabetes behind? Yep, we've felt that way before too. Although we can't escape this disease, we can learn to take a break from the stress and be a little easier on ourselves.*

### **The Effects of Exercise on Diabetes and Metabolism – Michael Riddel, PhD**

*Regardless of whether you are an extreme marathoner or more of an easy breezy stroller, keeping your blood glucose sugars in range is always part of our game. Learn how to avoid lows during your workout and spiking highs post-workouts.*

## – TYPE 1 & 2 –

### **Legally Blonde Takes on Legal Cases Surrounding Diabetes**

\*Kriss Halpern, JD; Steven V. Edelman, MD; and Michelle Feinstein, CPA

*Legally Blonde's character Elle Woods along with lawyer Kriss Halpern are here to object and defend any diabetes-related cases you may have. Specializing in legal issues surrounding diabetes, such as DMV issues, discrimination, COVID concerns, insurance policies and more.*

### **Weight Management – \*Steven Edelman, MD; \*Jeremy Pettus, MD; and Jennie Luna, MD**

*How to address the forces working against you! This session talks about metabolic causes of obesity and chronic inflammation, lifestyle modifications for weight loss, older and new medications for weight loss, the role of bariatric surgery and more.*

### **Grocery Shopping – \*Jeremy Pettus, MD; \*Steven V. Edelman, MD; and Adriana Valencia, RD, CDCES**

*Honed in grocery shopping tips for people living with diabetes. Learn from our top diabetes dietitian how to make the best choices when it comes to diabetes and food.*

### **Plant-Based Diet and Diabetes: A Little Less Meat and More Veggies – \*Jody Stanislaw, ND, CDCES**

*You keep hearing about all the positive benefits about eating less meat and more veggies. Find out why vegetables are powerful medicine.*

### **Getting High without Getting High: Marijuana and Diabetes – \*Jeremy Pettus, MD**

*Before we go any further, it is important that you first know the laws in your state. If "pot" is legal in your state then by all means listen in to see if this drug will potentially help or hinder your blood glucose levels.*

### **The Fungus Among Us and Other Skin Conditions – Tia Paul, MD**

*If you've ever seen Dr. Pimple Popper on TLC, you know by now that skin disorders are nothing to be ashamed of. Discover the best treatments and cures for your skin conditions.*

### **Smile! Diabetes and Dental Health – Dana Berliner, RDH**

*Diabetes can affect our gums and teeth, so let's learn from Dr. Steve's hygienist and proclaimed tooth fairy how to be diligent in keeping good care of our pearly whites.*